



This summer we will continue to hold our 10am worship gatherings at Incarnation followed by our summer music series “Incarnation’s Got Talent”. The 8:30 service will resume August 5.

JULY 15 – Rev. Dr. Fraser returns as does Charlene. Our musical talent after worship is the Suzuki Instrumental Ensemble, featuring the string quartet of Addie Sanchez on violin 1, Zachary Harding on violin 2, Sofia Moniz on viola, Anika Grieve on cello playing the 2nd movement of the Dvorak American quartet.

JULY 22 – we switch it up with an Agape Feast at Incarnation. After worship, we’ll be entertained by another group of talented performers from the Suzuki Instrumental Ensemble

Week of July 23-29 The Canadian Open. As usual, our parking lot will be off limits during the day.

JULY 29, Outdoor Service at the Hickey’s, 1202 Rushbrooke Drive. Please take a look at the sign-up sheet and contribute as you can!

AUGUST 5 – Michael returns as does the 8:30 service and more performers to be announced for our Talent series.

This week at INCA



Community Garden – **VEGETABLE PLANTS AND SEEDS NEEDED**

Our raised beds will be tended by residents of the Glen Oaks and Birch Glen coop apartments and the Abbeyview apartment building. The coordinator of the project is Terry Bell - she can be reached at 905 484 2347 to let her know you’ve dropped something off or are willing to help tend the garden.

Terry has a lot of gardening expertise and is excited to have this opportunity. In addition to plants and seeds, she is looking for donations of newspaper (to mulch the plants) and either a few trellises or material to construct them.



Summer BBQs each Thursday

For 5 years, Incarnation, in conjunction with St Matthew parish and Front Line Outreach, has hosted a weekly BBQ at the apartment complex at 1150 Dorval Dr. Many volunteers are needed to help cook and serve the food and to help supervise activities for the children at the BBQ. If you would like to volunteer, please download and fill out [the attached form](#) then return to Susan Curran or the church office

11:00am-11:20am
following each
summer service

Incarnation's Got Talent **is back by popular demand!**

Please join us each Sunday during the summer months for a special musical concert after each summer service. Grab a coffee and relax for a short, musical offering that will be unique each week.



Stay tuned for updates
regarding our concert
series in August!

July Concert Program

July 1, **CANADA DAY!** – Melissa Dutch, singer-songwriter
July 8 – Yvonne Choi, solo piano
July 15 – Youth Advanced Instrumental Ensembles
July 22 – Youth Advanced Instrumental Ensembles
July 29 – no concert today – due to the Canadian open using our parking lot, we meet at Leslie Hickey's house for an agape feast and will not have a concert following the service

Stay tuned for updates regarding our concert series in August!



Karma Yoga UPDATE

Join us Wednesday evenings at 7pm.

The classes are \$5 each, which helps keep them running, and is payable to Eryl before the start of each class. We look forward to seeing you on your mat



Christmas Market Donations

The Christmas Market team is ready to accept your donations!!!

Start thinking about *gently loved items like jewelry and housewares* for our trinkets and treasures table, gifts or gift cards for our gift baskets, and high-ticket items for our silent auction.

Items can be left in the office by the front door.



Wing and a Prayer – WEDNESDAY, July 25

We meet at 6:30pm at Monaghan's. Cost: \$25 per person including food and drink. RSVP Keith Lockhart at keith.lockhart@stockton-ag.com. Everyone is welcome!

Community News



Anglican Church of Canada

Anglican Church of Canada

Read updates, news and commentary from around the Church.

[Click here to read](#)

This & That



ECO Justice Group: The Problem with Plastics

The eco justice group will continue to look at this problem over the next few weeks and present sustainable solutions to common single- use plastic household items. If you have an idea to share, bring it along with you to church. Together we can be part of the solution, not part of the problem.



Milk Bag Collection

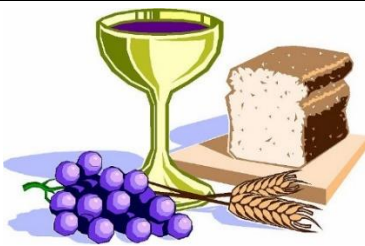
We're still collecting Milk bags for the kids at Ellengale Public School



Our recycling efforts! New procedures

Thank you to all our hard-working volunteers who prepare the coffee and help with the set-up and clean-up of our premises. The daycare has been testing a new green bin routine with much success. We have almost completely eliminated critter attacks!

- Start a new **SMALL** green bin for each service or event. Before leaving, tie off the bag and move the **SMALL** green bin waste to the shed and deposit into the **LARGE** green bin. This will eliminate any critter attacks. No green bins are to be left in the kitchen or out the back door after each event. If you don't know where the key to the shed is located, please ask a Warden or office staff.
- Green bin liners are located in one of the 3 stacked multi-coloured baskets in the kitchen on the counter by the small sink
- All recycling must be emptied after each coffee hour or event. The large blue recycling bins are located at the back door. Please dump all recycling into the larger bins before leaving the church.



Receiving Communion

All people at Incarnation are invited to receive the bread and wine at communion. The bread is received from the priest who stands between the servers who offer wine from the common cup; choose whatever side is free. You may choose to receive from an individual wine cups available to the left of the altar. Take one, consume the wine and replace the empty cup in the same spot. We hope this provides an inclusive approach to communion where all are welcome.

LOOKING TO VOLUNTEER?

We have lots of way you can get involved. Positions include: altar prep, greeters, readers, hosts and coffee preparation. Youth can gain volunteer high school hours. Training will be provided. Contact Julia Lockhart if you are interested.

SCHEDULE	July 15	July 22
Bread Making	A. Moniuk	L. Hickey
Altar Prep	W. Macdougall	Bird/Smith
Coffee 1	A. Turner-Sommer	Macdougall
Coffee 2	J. Lockhart	Chamber
Host 1	B. Abrams	J. Smith
Host 2	n/a	n/a
Reader 1	W. Macdougall	P. Moffat
Gospel	C. Boulert	G. Chambers
Prayers	P. Mitton	L. Hickey
Server 1	W. Burk	P. Moffat
Server 2	T. Burk	A. Moniuk
Wine Cups	B. Abrams	N. Deluca
WSRF	n/a	n/a
Counting	J. Raitt	P. Moffat

Please Note:

Thanks to all of you who update the master copy in the office – very helpful for me!

[DOWNLOAD THE JULY/AUGUST SCHEDULE HERE](#)